

# POOL YOUR RESOURCES

BLITZ YOUR SWIMMING AND MAKE LONG-TERM IMPROVEMENTS WITH THESE FOUR-WEEK TRAINING PLANS. YOU'LL NEED TO INVEST IN SOME SWIM TOYS, SUCH AS FINS, PADDLES A PULL-BUOY AND A KICK BOARD

## TRAINING PLAN 1 1.5km - 3km per session

DAY	SESSION FOCUS	SESSION DETAIL	SUPPLEMENTAL TRAINING
Week 1	<b>Mon</b> Easy	Easy effort; <b>6 x 100m</b> as swim/kick/pull/drill/IM/swim + <b>15secs</b> rest	Stretch cord training
	<b>Tue</b> Endurance	Steady effort; <b>4 x 500m</b> alternate swim/pull + <b>20secs</b> rest	Stretching
	<b>Wed</b> Easy	Easy effort; <b>4 x 100m</b> building speed every 100m; repeat + <b>20secs</b> rest	Stretch cord training
	<b>Thur</b> Strength	Hard effort; <b>24 x 50m</b> every 4th <b>50m</b> , swim as far as you can fly + <b>20secs</b> rest	Stretching
	<b>Fri</b> Strength	Easy effort; <b>1500m</b> choice	Stretch cord training
	<b>Sat</b> Strength	Max effort: <b>3 x [2x100m + 30secs rest, 2x50m + 20secs rest, 2x25m + 10secs rest]</b>	Stretching
	<b>Sun</b> Rest day		
Week 2	<b>Mon</b> Easy	Easy effort; <b>5 x 200m</b> swim/kick/IM/pull/swim + <b>15secs</b> rest	Stretch cord training
	<b>Tue</b> Endurance	Steady effort; <b>800m, 600m, 400m, 200m, 100m</b> building pace throughout + <b>15secs</b> rest	Stretching
	<b>Wed</b> Easy	Easy effort; <b>6 x 200m</b> alternate swim/pull + <b>10secs</b> rest	Stretch cord training
	<b>Thur</b> Strength	Hard effort; <b>4 x 300m</b> pull with paddles, <b>6 x 100m</b> swim + <b>15secs</b> rest	Stretching
	<b>Fri</b> Easy	Easy effort; <b>1500m</b> choice	Stretch cord training
	<b>Sat</b> Speed	Max effort: <b>3 x [25m/50m/75m/100m/75m/50m/25m] + 20secs rest</b>	Stretching
	<b>Sun</b> Rest day		
Week 3	<b>Mon</b> Easy	Easy effort; <b>30 x 50m + 10secs</b> rest. Choice of toys (e.g. fins, hand paddles)	Stretch cord training
	<b>Tue</b> Endurance	Steady effort; <b>5 x 200m</b> swim, <b>6 x 200m</b> pull, <b>5 x 200m</b> fins + <b>15secs</b> rest	Stretching
	<b>Wed</b> Easy	Easy effort; <b>8 x 200m</b> as <b>5</b> strokes fly then swim. + <b>20secs</b> rest	Stretch cord training
	<b>Thur</b> Strength	Hard effort; <b>16 x 25m</b> every <b>4th</b> fly, <b>12 x 25m</b> every <b>3rd</b> fly, <b>8 x 25m</b> every <b>2nd</b> fly, <b>4 x 25m</b> every one fly + <b>15secs</b> rest	Stretching
	<b>Fri</b> Easy	Easy effort; <b>1500m</b> choice	Stretch cord training
	<b>Sat</b> Speed	Max effort: <b>3 x [6 x 50m + 15secs rest, 4 x 50m + 10secs rest, 2 x 50m + 5secs rest]</b>	Stretching
	<b>Sun</b> Rest day		
Week 4	<b>Mon</b> Easy	Easy effort; <b>7 x 200m</b> as swim/kick/swim/pull/swim/kick/swim + <b>15secs</b> rest	Stretch cord training
	<b>Tue</b> Endurance	Steady effort; <b>20 x 100m + 10secs</b> rest	Stretching
	<b>Wed</b> Easy	Easy effort; <b>14 x 100m</b> choice of pull/ paddles/ fins + <b>10secs</b>	Stretch cord training
	<b>Thur</b> Strength	Hard effort; <b>4 x 200m</b> IM + <b>30secs</b> rest, <b>5 x 100m</b> IM + <b>15secs</b> rest	Stretching
	<b>Fri</b> Easy	Easy effort; <b>1500m</b> choice	Stretch cord training
	<b>Sat</b> Speed	Max effort: <b>2 x [200m + 60secs rest, 4 x 100m + 60secs rest, 4 x 50m + 60secs rest]</b>	Stretching
	<b>Sun</b> Rest day		

**Key** Fly = Butterfly IM = Individual Medley (Fly, Back, Breast, Crawl) Pull = Pull buoy Kick = Kick board or just kicking

SOMETIMES YOU'VE got to really focus on something in order to improve at it, and that's certainly the case with swimming. But once you've mastered it, there's no looking back and your improved technique will stay with you for a long time. So let the bike and running shoes take a back seat and dedicate a month to improving your stroke with these two training plans. Training Plan 1 consists of shorter workouts (1.5 to 3km), so choose this one if you race

sprint distance, or you have limited time. Training Plan 2 involves longer sessions, between one and two hours, and will make the biggest difference to your swimming. All the sessions below should begin and end with a warm-up or warm-down of at least 400 metres. You can do whatever you like in the warm-up and warm-down as long as it is low intensity. For example, try 4x100m with 20 seconds rest alternating between swimming 100m and kicking 100m with a float. Try giving back and breaststroke a go too.

## Meet the expert

Doug Hall

Doug coaches novices and top-level age-groupers. He's an elite athlete and studied sport at the University of Bath

## TRAINING PLAN 2 2.5km - 4km per session

DAY	SESSION FOCUS	SESSION DETAIL	SUPPLEMENTAL TRAINING
Week 1	<b>Mon</b> <b>Easy</b>	Easy effort; <b>6x200m</b> as swim/kick/pull/drill/IM/swim + <b>15secs</b> rest	Stretch cord training
	<b>Tue</b> <b>Endurance</b>	Steady effort; <b>6x500m</b> alternate swim/pull + <b>20secs</b> rest	Stretching
	<b>Wed</b> <b>Easy</b>	Easy effort; <b>4x100m</b> building speed every <b>100m</b> ; repeat + <b>20secs</b> rest	Stretch cord training
	<b>Thur</b> <b>Strength</b>	Hard effort; <b>40x50m</b> every <b>4th 50m</b> , swim as far as you can fly + <b>20secs</b> rest	Stretching
	<b>Fri</b> <b>Easy</b>	Easy effort; <b>2,000m</b> choice	Stretch cord training
	<b>Sat</b> <b>Speed</b>	Max effort; <b>3x[4x100m + 30secs rest, 4x50m + 20secs rest, 4x25m + 10secs rest]</b>	Stretching
	<b>Sun</b> <b>Rest day</b>		
Week 2	<b>Mon</b> <b>Easy</b>	Easy effort; <b>5x300m</b> swim/kick/IM/pull/swim + <b>15secs</b> rest	Stretch cord training
	<b>Tue</b> <b>Endurance</b>	Steady effort; <b>1,000m, 800m, 600m, 400m, 200m</b> building pace throughout + <b>15secs</b> rest	Stretching
	<b>Wed</b> <b>Easy</b>	Easy effort; <b>10x200m</b> alternate swim/pull + <b>10secs</b> rest	Stretch cord training
	<b>Thur</b> <b>Strength</b>	Hard effort; <b>4x400m</b> pull with paddles, <b>4x200m</b> swim + <b>15secs</b> rest	Stretching
	<b>Fri</b> <b>Easy</b>	Easy effort; <b>2,000m</b> choice	Stretch cord training
	<b>Sat</b> <b>Speed</b>	Max effort; <b>4x[25m / 50m / 75m / 100m / 75m / 50m / 25m] + 20secs rest</b>	Stretching
	<b>Sun</b> <b>Rest day</b>		
Week 3	<b>Mon</b> <b>Easy</b>	Easy effort; <b>50x50m + 10secs</b> rest. Choice of toys (hand paddles, fins etc)	Stretch cord training
	<b>Tue</b> <b>Endurance</b>	Steady effort; <b>5x200m</b> swim, <b>6x200m</b> pull, <b>5x200m</b> fins + <b>15secs</b> rest	Stretching
	<b>Wed</b> <b>Easy</b>	Easy effort; <b>12x200m</b> as <b>5</b> strokes fly then swim. + <b>20secs</b> rest	Stretch cord training
	<b>Thur</b> <b>Strength</b>	Hard effort; <b>16x25m</b> every <b>4th</b> fly, <b>12x25m</b> every <b>3rd</b> fly, <b>8x25m</b> every <b>2nd</b> fly, <b>4x25m</b> all fly + <b>15secs</b> rest	Stretching
	<b>Fri</b> <b>Easy</b>	Easy effort; <b>2,000m</b> choice	Stretch cord training
	<b>Sat</b> <b>Speed</b>	Max effort; <b>2x[10x50m + 15secs rest, 8x50m + 10secs rest, 6x50m + 5secs rest]</b>	Stretching
	<b>Sun</b> <b>Rest day</b>		
Week 4	<b>Mon</b> <b>Easy</b>	Easy effort; <b>7x300m</b> as swim/kick/swim/pull/swim/kick/swim + <b>15secs</b> rest	Stretch cord training
	<b>Tue</b> <b>Endurance</b>	Steady effort; <b>30x100m + 10secs</b> rest	Stretching
	<b>Wed</b> <b>Easy</b>	Easy effort; <b>18x100m</b> choice of pull/paddles/fins + <b>10secs</b>	Stretch cord training
	<b>Thur</b> <b>Strength</b>	Hard effort; <b>5x200m</b> IM + <b>30secs</b> rest, <b>10x100m</b> IM + <b>15secs</b> rest.	Stretching
	<b>Fri</b> <b>Easy</b>	Easy effort; <b>2,000m</b> choice	Stretch cord training
	<b>Sat</b> <b>Speed</b>	Max effort; <b>3x[200m + 60secs rest, 4x100m + 60secs rest, 4x50m + 60secs rest]</b>	Stretching
	<b>Sun</b> <b>Rest day</b>		

**Key** Fly = Butterfly IM = Individual Medley (Fly, Back, Breast, Crawl) Pull = Pull buoy Kick = Kick board

**Next Month**  
Your 4-week bike training plan